

Our Coastline

Official Newsletter of the Unitarian Coastal Fellowship
Morehead City, NC

April 2025

OUR VISION STATEMENT

Our congregation's vision is to be a visible presence in the community, growing a just world through spiritual enrichment, compassionate action, and free religious inquiry.

A WELCOMING CONGREGATION

We are an intentionally diverse community, welcoming of and enriched by people of varying cultures, economic and ethnic backgrounds; by people of varying sexual orientations, gender identities and family compositions; by people of all races, ages and beliefs.

Minister's Column

Rev Leslie Runnels Column for Coastline April 2025

Greetings Beloveds of Unitarian Coastal Fellowship!

Worship for the month of April will have a theme of “Joy!”, and our musical anthem for the month is #1068 Rising Green. As we come up from the mire of Winter and a new governmental administration, let us greet spring with joy, as spring greets us with pollen (achoo!), buds, flowers, leaves, bees and bugs, sunny skies, warm sand on the beaches. The movement of collective liberation lives on joy – it is the spirit that pushes us forward, even when we are feeling tired, overwhelmed and maybe hopeless. Building beloved community thrives when we feel that deep joy of being in diverse community centered on love.

Here's one of my favorite songs on Joy: <https://www.youtube.com/watch?v=1TbDPwA09Bc>.

Play it a bunch of times and learn it, so you can sing it when we share it in worship!

March was a full month of love and programming, and we said goodbye to one of our dear elders, Pat Harms. The Board of Trustees and Leadership Council attended a “Risk & Resistance” workshop with me, where we looked at our own tolerances for risk, our moral decisions, our fears, and reflected on how and where our congregation is, and what we will need to do to move closer to the world we dream of living in – where the moral arc of the universe bends towards justice, we must bend too.

The worship team and I met for a “retreat into workshop” where we shared spiritual journeys, and heard leaders in our faith share about “decentering whiteness in worship”, and as a collective we have decided to take a UUA program together called “Transforming Worship 350.” Somewhere along the way, we are going to experiment with the liturgy of our worship service, as we transform it and work to decolonize it.

Thoughtful Gatherings should be kicked off by now, and I'm hoping you are enjoying gathering with other members and doing some deeper spiritual work together. Deep gratitude to Membership Team and Adult Spiritual Enrichment team who

Minister's Column

organized this for you.

Our SEE-SAW events are slowly getting scheduled – Jason and Wendy Pesch are going to take us on a picnic, Matthew and Sarah Turpin are going to take us on a hike, and Barb Jewett and new visitor Michelle Crepeau (who has a connection with Bonehinge) will be leading a visit and service expedition there! We have space for one more service event this spring, so if you want to lead one, let us know – the sign up sheet is by the coffee window in the Social Hall.

Thoughtful Gatherings returns in March – one gathering a month hosted in a member's home, over three months – this will be led by the Adult Spiritual Enrichment team led by Susan Roberts.

UU101 coming in May, and I may also be able to squeeze in a class called “Owning Your Religious Past” which helps those of us who are coming from another faith or denomination and wanting to make spiritual peace with our then and our now.

Sessions are:

- Workshop One: Personal Religious Timeline
- Workshop Two: The Haunting House of Worship
- Workshop Three: An Exercise of Reconciliation
- Workshop Four: Claiming the Positives
- Workshop Five: Conclusion and Worship

Finally, I wanted to let you know that I will be on study/leave for 4 weeks – April 9th to May 6th. I am going to focus my study on music and song, and the spiritual needs they fill, and how we might play with music more at UCF. The worship team and I are lining up some great worship services for you while I'm gone, and I hope you will be pleased with their offerings!

Sending you all love for another exciting month at Unitarian Coastal Fellowship – may you all be safe, may you all be happy, may you all be loved, and may you all love.

Rev Leslie

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President's Column

April 2025 Coastline Column, from the President

Spring greetings to everyone, what a great time of year. I am involved in shedding soft crabs this time of year, lots of time fishing pots in the boat, lots of time working with the peelers in the shedding tanks. The activity builds into mid-April, it can be hectic at times. We get up at 2 AM to work with the crabs that are shedding, taking them out of the water and placing them in our cold room. It is a hopeful time of year for us, and it is exciting to catch the peelers and work around other boats with crews I have a great relationship with. It is exciting to go to church on Sundays, also we are starting on small groups meeting for Thoughtful Gatherings. It is wonderful to get to know one another better and share our thoughts. We have to envision our best future and work to make that happen. Lately, things in Washington, DC have gotten to a place we haven't seen before, but folks are making noise, paying attention, and making their thoughts known. Please hold onto hope, things will get better, goodness will prevail.

Thanks and see you in church, Mark

Children & Family Ministries

Children & Family Ministries From Sarah Grenier

Spring is upon us! The sun is thawing our souls. The blooms remind us that there is beauty to be appreciated. Spring brings a promise of hope and joy with each green bud. We must notice the small moments of joy in a child's laughter, a sweet treat, a warm drink, a tight hug, the fresh breeze, and daffodils blossoming against all odds. Our children must see our congregation resisting through joy. If we let the negativity of the world define us in anger and sadness, we wouldn't have anything to fight to preserve. We must strike a balance between rest, resisting oppression, and being joyful. This is why the work of our congregation and RE is so vital. I hope spring fills up our cup enough that we are recharged and ready to love from the depths, to find empathy for others, and to fight for justice in this ever-changing world. I charge you to delight in the kids scrambling for Easter eggs, delight in coffee hour, delight in our congregation's newest members, delight in spring. Fill up your cup, then fight. Amen and blessed be.

Sunday, April 6th, 10:30AM: Multigen Service

- 10:15AM: Nursery open, no children's religious education
- During coffee hour: Sunday Funday

Sunday, April 13th, 10:30AM: Flag Lesson

Sunday, April 20th, 10:30AM: Fire Regrowth Story

Sunday, April 27th, 10:30AM: Earth Day Story

Children & Family Ministries



UCF CHILDREN'S RE

EASTER EGG HUNT APRIL 6TH

Immediately after service
Bring your own basket



Upcoming Services

April 6: A Flower, a Petal, a Movement of Joy

Please bring a flower of your choice, either from your own gardens, or from a field or roadside, and we will build a bouquet of joy together in the annual Flower Ceremony.



April 13: Be the Thermostat, not the Thermometer

New member Bogie Cashwell offers his first worship service to us.

April 20: Paradise of Fools

Celebrating Earth Day this week gives us a chance to reflect on how good we've had it, living in a place of abundant beauty and natural resources. But 55 years after Earth Day was first created, there are those in power making choices that endanger our planet; have we humans lived for too long in comfort and blissful ignorance of the climate crisis?

Do we really need catastrophic disruption to the environment to realize how fragile our existence is on this earth? Have we been living in a paradise of fools? Rev. Dr. Gaye Morris invites us to be clear-eyed about the real possibility of "Paradise Lost" and how we might, with Easter hope, work to pull back from the brink.



Upcoming Services



April 27: Locker Room Talk

These words, used to excuse vile language about women during the 2016 election, point to a deep historic conflict of values. It's not just about how men behave: Throughout human history, worldviews based in domination and in collaboration have been in tension. Today, the contrast between these worldviews

are as clear as they have ever been. From the simplest interactions between individuals to international relations, the will to dominate seems to be everywhere. How do Unitarian Universalist values call us to respond?

Social Justice News

February Share the Plate: February's Share the Plate donation went to the "LA County Wildfires" fund of the Global Empowerment Mission. We collected \$673.31 which will provide Cash Assistance Cards for the victims as well as humanitarian aid assistance.

April's Share the Plate is the UU Justice Ministry of North Carolina

UU Justice NC organizes UUs across North Carolina to co-create a transformative movement for justice through spiritual grounding, collaboration, and imagination. They work to:

- Organize opportunities for spiritually grounded direct action on issues.
- Provide opportunities for education, leadership/skills development, and spiritual growth.
- Provide our congregation with regular updates and resources related to state and national issues, legislation, and calls to action.
- Connect us with state and national justice partners and UU congregations across NC through efforts like the Friday Action Hours on Zoom.

UU Justice NC cultivates a network of support to harness our power as 5,000+ UU across the state and works with dozens of state and national partners spanning racial, economic, environmental, immigrant, electoral justice and more. In today's current environment, the leadership of UU Justice NC is more important than ever.

UCF benefits directly from the support, guidance and collaborative partnerships provided by UU Justice NC and we are a proud partner Congregation. UU Justice NC is a prominent resource in UCF's Poli Sci & Hi-Fi work as they help guide how we integrate our ongoing justice initiatives into the programming led by our justice teams.

Please give as you can to help support the work of UU Justice NC.

Social Justice News



Your Library – Enter, Rejoice and Come In!

Your new UCF Library Team has been working diligently to re-organize and freshen up the library, located in Room 3 of the Rev. Sally B. White Center. We are very grateful to Tom Wentworth and Linda Rudd who volunteered their time and energy at the beginning to create a welcoming and organized library before UCF first opened the doors of our Bridges Street home in May, 2022.

The library has several bookcases holding over 500 books, a comfortable wing-back chair and lamp for quiet reading, and a table and chairs for small group meetings.

A small budget has been submitted for the 2025-26 fiscal year to cover purchasing new books, and we welcome your suggestions.

We plan to be in the library during coffee hour following our Sunday services so that members and friends can peruse the collection and borrow a book. If you are in the building at other times, please make sure to use the sign-out book on the table for both sign-out and sign-in. A box will be provided for returned books.

We will continue to make additions over the next few months and hope that you like what you see thus far!

Sincerely,

Your Library Team: Karen Baggott, Sarah Davis, Phillip Strickland and Maria Lundgren.

Your Library – Enter, Rejoice and Come In!



Upcoming Events

Mental Health Family Support Group Tuesdays, 10am (Zoom)

The Mental Health Family Support Group is an opportunity to share experiences and challenges of having family members or friends who live with mental illness. The Mental Health Family Support Group will be meeting on Tuesday mornings on Zoom from 10:00 to 11:30. If you would like to join these meetings or would like more information, please email: landfall2@mindspring.com



UCF Book Club

April 21 at 4pm. SBW

The UCF Book Club will be meeting on Monday@ 4PM in the Sally B. White Center.

Contact Joan Burton LDYBG223@AOL.COM for more information.

Weekly Meditation Mondays 5:30pm-6pm



Come meditate with us on Zoom on Monday afternoons. You can sign on between 5:30 and 5:40 and meditation will be from 5:40 to 6:00.

Email Susan Roberts at landfall2@mindspring.com for more information or to be sent the Zoom link to join us!

Upcoming Events

April Choir Practice Schedule

April 6 : Choir Practice 9:00am

April 13 : No Choir Practice

April 20 : No Choir Practice

April 27 : Choir Practice 9:00am

Mental Health Wellness Support Group April 15



This support group will meet April 15, 2025 (3rd Tuesday of the month) - at 6:00pm in the Sally B. White Building. This mental health wellness support group is for people with significant mental health challenges and/or struggles with substance abuse, to facilitate self-empowerment and recovery.



April Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am Mental Health Family Support Group	2	3 10am Leadership Council 6pm RE Meeting	4	5
6 9am Choir Practice 10:15am Nursery 10:30am Worship Service 11:30am First Sunday Family Fun Day	7 5:30pm Meditation	8 10am Mental Health Family Support Group	9 2pm Finance Committee	10 6:30pm Worship Team	11	12
13 9am Choir Practice 10:15am Nursery 10:30am Worship Service 11:45am Coffee with the Board	14 5:30pm Meditation	15 10am Mental Health Family Support Group 6pm Mental Health Wellness Group 6pm NAACP Meeting	16	17 5pm Board of Trustees	18	19
20 9am Choir Practice 10:15am Nursery 10:30am Worship Service	21 4pm Book Club 5:30pm Meditation	22 10am Mental Health Family Support Group	23	24	25	26 9am Yard Sale
27 9am Choir Practice 10:15am Nursery 10:30am Worship Service 11:45am Social Justice Committee	28 10am Communications Meeting 5:30pm Meditation	29 10am Mental Health Family Support Group	30			

The UCF Team

Board of Trustees

President: Mark Hooper mhooper9@ec.rr.com

Vice President: Susan Roberts landfall2@mindspring.com

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